

## Cranberry Couscous

**Serves:** 6

**Prep time:** 15 minutes

**Cook time:** 10 minutes



1 serve per portion

### Ingredients

¼ cup pepitas

½ cup pecans

1 cup dried cranberries

Juice of one orange

1 ¾ cup chicken stock, salt reduced

1 ½ cup couscous

2 tablespoons olive oil, extra virgin

½ cup parsley, chopped

400g chickpeas canned, drained

Cracked pepper to taste



Everyday Food

### Method

PREHEAT oven to 180°C and line a tray with baking paper.

PLACE pepitas and pecan nuts on a tray and bake for 5 minutes. Cool and chop roughly.

PLACE cranberries in a bowl and add orange juice. Heat in microwave for 45 seconds then stand for 15 minutes until the cranberries soften, stirring occasionally.

BRING chicken stock to the boil in a large saucepan, and then add couscous. Cover and turn off the heat. Let it stand for 5 minutes.

DRIZZLE couscous with olive oil and fluff its grains using a fork, then transfer to a serving bowl.

ADD the cranberries, orange juice, nuts, parsley, chickpeas and pepper.

*Courtesy of Bev Milligan, Millaa Millaa Branch*